# FEEL THE BURN!

The Importance of Physical Activity for First Responders



Obtaining optimal physical activity is essential for boosting your quality of life and resiliency throughout your career.

## **Physical Activity Benefits**











**Better Mood** 

Lower Stress

**Better Sleep** 

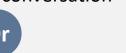
**Longer Life** 

**Weight Control** 

### Are You Getting Enough Physical Activity?

#### Moderate aerobic activity

At least 150 minutes a week of anything that gets you breathing hard but still able to have a conversation





At least 75 minutes a week of anything that gets you breathing hard and fast







#### Muscle-strengthening activity

At least 2 days a week of doing activities that make your muscles work harder than normal



Visit bit.ly/PhysicalActivity4Health for more info and resources about physical activity to help you feel and be your best!





